



Bike with a Ranger

Experience the natural and cultural heritage of the Capital Region as you ride with a ranger on the Mount Vernon Trail. Enjoy stunning views of Washington D.C. and Virginia along the Potomac River while learning about the nation's history and local environment. Tour routes and ranger talks vary.

Dates: July 31 – September 5

Days: Saturdays and Sundays

Time: 10:00 a.m. to noon

Location: Meet at Theodore Roosevelt Island bike rack next to the footbridge at 10:00 a.m.

Bicycles and helmets are required. There are no restrooms or water fountains on the tour route so please plan accordingly.

Tours are free and reservations are not required. Please call with group sizes larger than ten.

For more information, please call **703-289-2553** or visit **www.nps.gov/gwmp**.